

# Your Path to Recovery

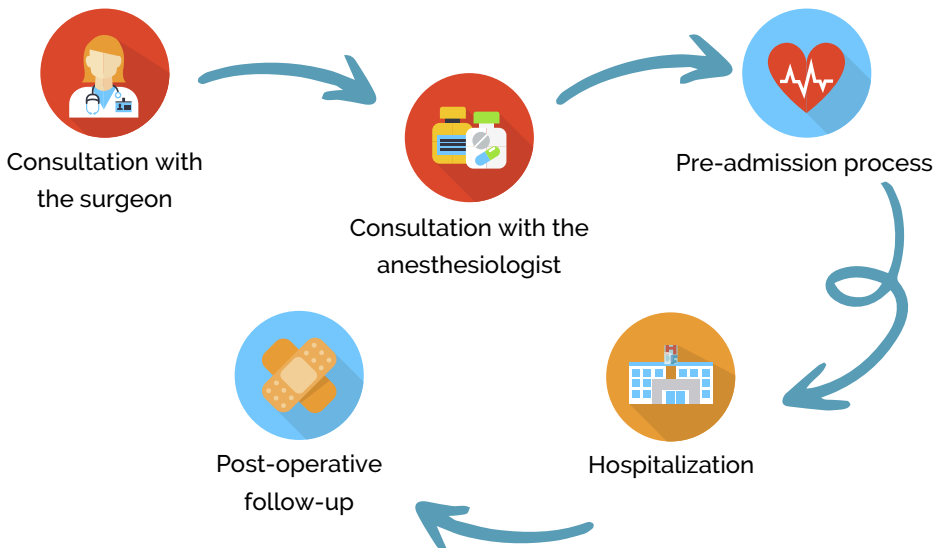
## A Guide to a Smooth Recovery After Bowel Surgery

This booklet is here to support you before, during, and after your surgery. It was created to help you:

- Understand every step of your care,
- Prepare well for your hospital stay,
- Take an active role in your recovery.

We recommend that you read it carefully, share it with your loved ones, and talk about it with your doctor before your surgery. Please remember to bring it with you on the day of your admission.

## Your Journey at Hôtel-Dieu de France



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## Introduction



What is colorectal surgery?  
What is the ERAS program?  
How long will you stay in the hospital?  
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## Before Your Surgery



How to prepare  
Pre-op consultation with the anesthesiologist  
Antiseptic shower

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## The Day Before Surgery



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Dietary advice

A close-up photograph of a hand wearing a white surgical glove, reaching down towards several surgical instruments (scissors and forceps) laid out on a teal-colored sterile drape. The background is blurred, showing a person in blue scrubs. A semi-transparent teal banner is overlaid across the middle of the image, containing the word 'Introduction' in white text.

# Introduction

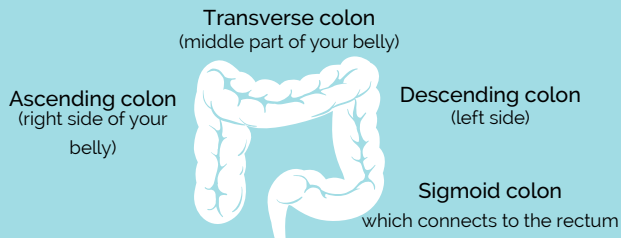


# 1 introduction

## What is Colorectal Surgery?

The colon, also called the large intestine, is part of your digestive system. It's about 1.5 meters long and helps absorb water from stools, making it more solid.

### It has several parts:



In a colectomy, the diseased part of the colon is removed, and the healthy parts are reconnected. This connection is called an anastomosis. In most cases, this surgery is done using laparoscopy, a minimally invasive method.

### Benefits of laparoscopy:

- Smaller scars
- Less pain
- Faster recovery

## What Is the ERAS Program?

ERAS stands for Enhanced Recovery After Surgery. It's a modern approach to help you recover faster and with fewer complications after surgery..

### With ERAS, you can:

- Feel better sooner
- Spend less time in the hospital
- Lower your chance of coming back

Your involvement is very important! The ERAS program works best when you are well prepared and actively involved in your care—before and after surgery..

## How Long Will You Stay in the Hospital?

### On average:



For colon surgery:  
**2 to 3 days**



For rectal surgery:  
**4 to 5 days**

You may be able to go home around day 3 or 4, if you don't have a drain or urinary catheter. The medical team will closely monitor your progress and will keep you informed day by day.



**Before Your Surgery**



# 2

## Before Your Surgery

### How to Get Ready?



#### Stay Active

Try to walk 15 to 30 minutes each day. Light exercise helps your body cope better with surgery and speeds up recovery.



#### Eat Well

In the weeks before surgery, follow a healthy and balanced diet. In the days just before the operation, eat carbohydrate-rich foods like rice, pasta, bread, or potatoes to build up your energy.



#### Nutrition Support

In some cases, your doctor may recommend a nutritional supplement (such as Oral Impact) to strengthen your immune system.



#### Stop Smoking

If possible, stop 3 to 4 weeks before surgery. This lowers the risk of breathing problems and improves wound healing. Ask a healthcare provider for help if needed.



#### Limit or Avoid Alcohol

Avoid alcohol for at least 24 hours before surgery, and if you can, reduce or stop drinking in the weeks before the procedure.

### Anesthesia Consultation

This consultation usually happens about two days before surgery. It's required to assess your health and plan your anesthesia.

#### During this visit, the anesthesiologist will:

- Review your medical history and current medications,
- Explain the type of anesthesia that will be used,
- Give instructions about your medications,
- Answer any questions you may have.

If a stoma (ileostomy or colostomy) is planned, you will also meet a specialized nurse who will teach you how to care for it.

## Antiseptic Shower

To reduce the risk of infection, you'll need to take a special shower with antiseptic soap (Betadine) for 3 days:

- Two days before surgery
- The night before surgery
- The morning of surgery

Do not shave your belly or groin area, and do not apply powder, cream, makeup, or nail polish on the day of surgery.

If you are allergic to iodine, a chlorhexidine-based alternative will be provided.

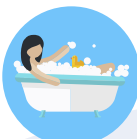
### How to take antiseptic shower?

1



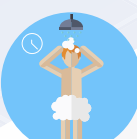
Wash your hair with your usual shampoo

2



Wet your entire body

3



Use Betadine instead of soap and let it sit for one minute

4



Clean your belly button and the area of surgery well

5



Rinse thoroughly and dry with a clean towel

6



Do not wear makeup, jewelry, or contact lenses  
Brush your teeth as usual

A photograph of a surgical team in an operating room. Three surgeons in blue scrubs and hairnets are visible, focused on a patient. The room is equipped with large overhead surgical lights, a monitor displaying a medical image, and a wall clock. A teal horizontal band is superimposed over the middle of the image, containing the text "The Day Before Surgery" in white.

## The Day Before Surgery





# 3

## The Day Before Surgery

### What to eat ?

Eat a light breakfast in the morning, then stop eating solid foods.

**For the rest of the day, you may drink:**



Water



Tea or black coffee (no milk)



Clear fruit juices (no pulp)



Sports drinks

If your surgery is in the morning: stop drinking anything after midnight.

If your surgery is in the afternoon: you may drink up to 6 hours before the procedure, except for a small sip of water to take your medication.



*Not following these instructions could delay your surgery.*

### Bowel Preparation and Antibiotics



#### **Bowel Preparation:**

- Colon surgery: No bowel prep is needed.
- Rectal surgery: A laxative will be prescribed by your surgeon to take 48 hours before surgery.



#### **Antibiotics:**

You will need to take Metronidazole 500 mg, three times the day before your surgery to help prevent infections.



## Day of Surgery





# 4

## Day of Surgery

### Carbohydrate Drink

You will receive a special drink to keep your energy up before surgery.

- Drink 2 bottles, starting 4 hours before your surgery.
- Make sure to finish them at least 2 hours before the procedure.



*If you have diabetes: Do not take this drink unless approved by your doctor.  
Medications Only take the medications that your anesthesiologist has approved.*



### Admission Day – What to Bring

Please bring:

- Your ID
- Any test results
- Blood type card
- Your personal medications
- Insurance card

*Go to the admissions desk, then proceed directly to your hospital room.*



## During and After Surgery



# 5

## During and After Surgery

In the pre-op room, the team will check your vital signs, insert an IV line, and give you medications to prevent pain and nausea.

In the operating room:

- You will receive general anesthesia.
- A urinary catheter may be placed and will be removed either before you wake up or within a few days depending on your case.

### Low-Fiber Diet

**Avoid:** raw vegetables, legumes, fruits with skin, whole grains, unfiltered juices, sugar-free candies.

**Allowed:** meat, dairy, white rice, white bread, potatoes, clear drinks, filtered sauces, fried foods.

### Recovery Room

You will stay here for about 2 hours under close observation. The team will monitor your blood pressure, breathing, temperature, pain level, and surgical wound.

### Pain Control

It's normal to feel some pain after surgery, but our goal is to keep it manageable. Please don't hesitate to tell your care team if you are in pain.

### Getting Moving Again

Right after waking up: start moving your feet and legs in bed.

Within 3–6 hours: sit up at the edge of the bed or in a chair.

The next day: walk in the hallway several times.

You'll receive a blood thinner injection (Lovenox) to help prevent blood clots.

You'll also get a spirometer to help with your breathing exercises.

### Eating After Surgery

You can begin drinking liquids and slowly return to eating the next day, following your doctor's instructions.

Tip: Chewing gum for 30 minutes, three times a day can help restart your digestion.

### Urinary Catheter

The catheter is removed on the same day or kept for up to 72 hours, depending on your surgery. Don't worry if you can't urinate right away after it's removed, this is normal.

## Going Home

### **You'll be discharged when you are able to:**

- Control your pain with pills
- Eat soft foods
- Pass gas or have a bowel movement

### **Before leaving, you will receive:**

- A prescription
- Dietary advice (low-fiber diet)
- A follow-up appointment (in 7 to 10 days)
- Instructions on how to care for your wound

Transportation service available if needed: call 01 604 000 ext. 7799 (Monday to Friday, 7 AM to 7 PM).

## After-Surgery Monitoring – When to Call the Doctor

### **Contact your doctor or go to the ER if you experience:**



Severe abdominal pain



Ongoing bleeding



Fever over 38°C (100.4°F)



Palpitations



Difficulty breathing



Redness, oozing, or swelling at the wound



Vomiting

## YOUR FEEDBACK

Any comment, idea, or suggestion placed in a suggestion box or sent by email to the address provided below will be forwarded directly to the Quality Management Department. This ensures rigorous institutional follow-up and contributes to the continuous improvement of patient care.

You are encouraged to leave your phone number, or email address should you wish to be informed of the follow-up.

Always at your service, with the hope of remaining worthy of your trust.

Email: [quality@hdf.usj.edu.lb](mailto:quality@hdf.usj.edu.lb)

### Scan for the satisfaction survey



### Useful Contacts



Hôtel-Dieu de France Hospital: +961 1 604 000

Physical Therapy: poste 8381

Emergency: poste 8500

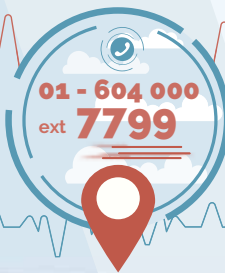
Stoma Nurse: poste 2750

***We wish you a smooth recovery and good health.  
Together, let's make this surgery a success.***

## HDF has launched a new hospital service!

Discover our non-emergency ambulance transport service  
ensuring private and secure transfers for patients.

For more information  
contact us Monday to Friday  
from 7:00 a.m. to 7:00 p.m.



## HDF AT HOME

Your Well-Being. Our Priority



Comprehensive support is now available  
for patients in the comfort of their own  
homes through:

- ① Home Care Support Unit
- ② Medical-Technical Care Unit
- ③ Respiratory Assistance Unit

☎ 01-604 000 ext. 7979 (from 8:00 a.m. to 4:00 p.m.)

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## SIMPLIFY YOUR BOOKINGS WITH WHATSAPP

Available by message only

Monday to Friday, from 8:00 a.m. to 4:00 p.m

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